

# I Had Some Help

拍數: 32      牆數: 2      級數: Improver  
編舞者: Pat Lamanna (USA) - May 2024  
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



## Start on Lyrics

### Ball-Heel-Ball-Cross, Modified Jazz Box, Cross Shuffle, ¼ Shuffle Turning L

&            Hop diagonally back onto ball of R foot  
1            Tap L heel forward  
&            Step L heel down in original position  
2            Cross R over L  
3            Step L back  
4            Step R to R side  
5 & 6        Cross Shuffle LRL (facing 12h, traveling towards 3h wall)  
7 & 8        Shuffle backwards RLR turning ¼ counterclockwise to 9h (still traveling towards 3h wall)

### ¼ Step L, Drag R, Ball-Cross, Side Step, Weave, Heel Grind ¼ R, Step Back L

1            Big Step L turning ¼ counterclockwise to face 6h (stepping L further out towards 3h wall)  
2            Drag R foot towards L  
&            Step down onto R ball  
3            Cross L over R  
4            Step R to R side (still facing 6h, now traveling towards 9h wall)  
5 & 6        L behind, R side, L cross  
7            Step R to R side and heel grind ¼ clockwise (now facing 9h)  
8            Recover back onto L

**TAG here on wall 4. On the 7th count of the previous set (count 15 of dance) turn ½ instead of ¼ and then restart the dance. Wall 4 starts facing 6h, and with this modified turn, the restart will also be facing 6h, keeping this as a 2 wall dance.**

### Step Back R, Pony Step Back, Step Back R, Rock Back L, Recover R, ½ Turn, ¼ Turn

1            Step back R  
2 & 3        Pony step back LRL  
4            Step back onto R  
5            Rock back onto L (optional: turn upper body counterclockwise ¼ to face 6h)  
6            Recover forward onto R (if optional turn on ct 5 done: turn upper body clockwise ¼ to face 9h)  
7            Step L back turning ½ clockwise (traveling towards 9h wall, facing 3h wall at end of this step)  
8            Step R side turning ¼ clockwise (R foot ends closer to 9h wall than L foot, end facing 6h)

### Press-Ball-Change, Cross Rock & Recover, 4x Diagonal Jumps Back (this entire 8 counts faces 6h)

1            Cross Rock L over R foot  
2            Recover onto R foot  
&            Step L to L side  
3            Cross Rock R over L foot  
4            Recover onto L foot  
5            Jump diagonally back onto R foot, touching L next to R  
6            Jump diagonally back onto L foot, touching R next to L  
7            Jump diagonally back onto R foot, touching L next to R  
8            Jump diagonally back onto L foot, touching R next to L

& Hop diagonally back on to ball of R foot (this is the first step of the dance, rewritten here to show the transition)

**Enjoy!**

**Last Update: 12 May 2024**

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